

# Reflux

## Patient Information

Speech and Language Therapy Department



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

Author ID: ZM  
Leaflet Ref: SL 019  
Version: 1  
Leaflet title: Reflux  
Date Produced: December 2025  
Expiry Date: December 2027

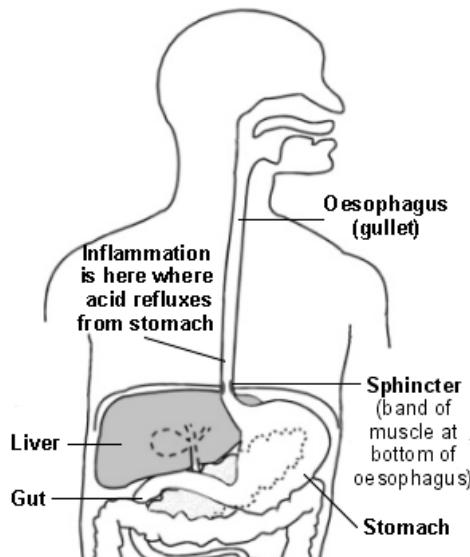
## What is Gastro Oesophageal / Laryngopharyngeal Reflux?

This is when stomach acid (part of your digestive juices) can move upwards (reflux) into your oesophagus (food pipe). You may experience a burning sensation (heartburn) in the chest and up through the throat and neck.

Other symptoms may include:

- **Recurrent coughing**
- **Sore throats**
- **Hoarseness or change in the voice**
- **Constant throat clearing**
- **Excessive mucous**
- **A bad taste at the back of the mouth**
- **Sensation of a lump at the back of the throat**

These symptoms may indicate laryngopharyngeal reflux, which can irritate the vocal cords and cause voice changes.



## What causes it?

The sphincter is a special band of muscle at the bottom of the food pipe (oesophagus), which should close tightly to prevent stomach acid moving up your food pipe. Sometimes people are born with a sphincter that is weak or doesn't function well and allows acid reflux to occur.

## **Other causes may be:**

- Eating too much fatty and spicy food
- Wearing tight clothing
- Smoking
- Drinking too much alcohol
- Being overweight
- Pregnancy: reflux is very common due to pressure of the baby pushing up on the stomach and aiding reflux

## **What can I do to help?**

Try the following strategies as they may help to alleviate the problem:

### **Posture**

- Avoid clothing that fits tightly across the stomach
- Avoid slumping or bending after eating
- Try elevating the head of your bed 4-10 inches.

### **Antacids**

Try an antacid such as Gaviscon Advance, which is available without prescription.

Check with the pharmacist to see which is most suitable for you.

Your GP may also be able to provide this on prescription so please discuss with them if you find it helpful.

### **Substances**

Avoid smoking and drinking alcohol, as they increase acid reflux.

Certain medicines such as aspirin can increase acid reflux; (always consult your doctor before making any changes to medication).

### **Diet**

- Avoid eating large meals
- Avoid eating for 2 hours before going to bed
- Eat smaller more frequent meals rather than three big meals
- Sit up straight when eating

## **Avoid foods and drinks that can cause reflux, including:**

• Tea	• Coffee
• Carbonated drinks	• Chocolate
• Spearmint	• Peppermint
• Alcohol	• Spicy foods
• Tomato	• Citrus fruit

## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust.  
All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

**Call 111 first when it's less urgent than 999.**



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2021

Proudly serving those who serve.

Phone: 0808 802 1212  
Text: 81212  
[www.veteransgateway.org.uk](http://www.veteransgateway.org.uk)

